

Official Magazine of the United States Gymnastics Federation

# USA GYMNASTICS



May/June 1987

Volume 16, No. 3

## 1987 McDONALD'S CHALLENGE

USA vs. USSR

## RSG NATIONAL CHAMPIONSHIPS

Krugavsky Wins Third Title


## DANCE

Choreography Strategies

## GYMNASTICS INJURIES

A Word To The Wise

Melissa Marirow helps the U.S. close the gap on the Soviets

A woman with short dark hair is shown from the waist up, wearing a blue long-sleeved leotard with a white and pink horizontal stripe across the chest. She is looking down and smiling. The background is plain white.

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# GYMNASTICS

May-June 1987

Volume 16, No. 3

## On The Cover

### 1987 McDONALD'S CHALLENGE: USA vs. USSR

The dual meet with the Soviet Union gave inspiration to the United States' programs. Although both the men's and women's teams were defeated by the reigning world champions, definite strides were made amid the Rocky Mountains in Denver, Colorado.

1992



Cover photo © 1987 USOP, by Dave Black

## 1987 RHYTHMIC NATIONAL CHAMPIONSHIPS

Marina Kurgovskiy successfully defended her national title turning away strong competitors Diane Simpson and Damon Lister in the process. Kurgovskiy has now been the top rhythmic gymnast in the United States for three consecutive years.

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### MIXED PAIRS

Gymnasts relax in an atmosphere of friendship and goodwill during International Mixed Pairs competition. Scott Johnson and Phoebe Mills, of the United States, won the event.

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## NCAA CHAMPIONSHIPS

UCLA comes from behind to defeat Nebraska for its first men's title since 1984. Georgia swept into Salt Lake City and ended Utah's stranglehold on the women's title.

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**USCF Editorial**

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### Editor's Note



## Editor Letters

## Experiment Results

Figure 1 consists of two bar charts. The left chart shows the percentage of respondents for 'All respondents' and 'Respondents who have been in the military' across five categories: 'All respondents', 'Respondents who have been in the military', 'All respondents', 'Respondents who have been in the military', and 'All respondents'. The right chart shows the percentage of respondents for 'All respondents' and 'Respondents who have been in the military' across five categories: 'All respondents', 'Respondents who have been in the military', 'All respondents', 'Respondents who have been in the military', and 'All respondents'.

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## No Cut Back

**By Mike Jackel**  
**CSDE Assistant Director**

n reading any newspaper or watching the evening news, it sure seems like our youth is in trouble! We are constantly being hit with issues like drug abuse, teen suicide, poor performance in school and the poor fitness of American youth. Cuts in public school spending are eliminating programs in physical education and other courses of study termed "Non-academic or non-essential." On top of this, the NCAA is now proposing reducing the competitive, "non-revenue" sports season by 50 percent. Someone has told these university presidents that if athletes only train half the time, they will study twice as much!

Many universities across America are criticized for their lack of attention to academics. Even though the student-athlete still has to maintain a certain academic performance level to compete in sports, the universities feel they must respond. It is interesting that almost all the articles that criticize the NCAA are written about the poor academic performance of football and basketball players. The rules for these athletes however, will not change. I feel it would be appropriate that universities simply admit that these decisions are money-driven only. College sports are big business, and no one wants to lose money.

In the recent NCAA basketball championships, almost 1,000 participants were drug-tested without one positive test! This makes a great statement for sports. Where schools and institutions should be using the vehicle provided by athletes and sports to better train and discipline young people, instead they are reducing their opportunities and continuing to cut back on sports programs.

Sports are unique for many reasons. Perhaps one of the most important is the education it pro-

vides a person. Sports teach discipline, goal-setting, determination and perseverance. These qualities are critical to success, no matter what field you are involved with or at what level you participate. These characteristics are necessary for a person to succeed in school, in business or in any future endeavor. Sports help people deal with stress, make good decisions and understand teamwork and cooperation. It makes no difference if one is involved with a high-level competitive team or if one simply competes or participates for the fun and exercise. The same traits and qualities are experienced and

Sports often provide the first introduction to rules and regulations. They teach goal-setting and task accomplishment at an early age. They also teach the importance of dedication, commitment and teamwork. All in all, sports can provide a wealth of experience to an individual at a very young age that can help that person throughout his/her entire life.

Even if a youngster does not pursue a sports career, the benefits of participation last a lifetime. The commitment to exercise, fitness, good health and nutrition contributes to an active and healthy lifestyle and raises the quality of life. It helps increase an individual's self-esteem, confidence and ability to achieve. Simply put, we end up with a better person and someone who will be a respected and contributing member of our society and our nation.

Sports is perhaps the most fundamental learning experience society provides. Sports, athletics and fitness provide the basic structure for our youngsters' growth and development. Participate and enjoy your involvement. Get your family to join in. Make it an important and exciting part of your day. Remember, while enjoying the excitement of participating and increasing your health and fitness, you are developing greater qualities that will be with you the rest of your life.

# Realizing Patience

By Michael G. Botkin  
*Editor, USA GYMNASTICS*

**P**atience is a virtue. Patience is also a key to success. In gymnastics, without patience, there wouldn't be smooth progressions to build from one stage to the next. Coaches espouse the benefits of smooth progressions; and, with patience, those sometimes bitter pills go down easier.

But sometimes we get impatient. It becomes hard to realize it takes time to progress and time to build needed strength to accomplish specific goals. Patience is a guideline for the goals you set for yourself.

In some sports, it takes more time, more patience, to accomplish goals, but they double back in gymnastics, hitting 80 home runs in baseball or sinking 80 percent of your free throws in basketball. Some goals are never accomplished, but they are set nonetheless.

I have always had rather lofty goals beginning with my high school years. Living until I was 80 was one I passed last year, but in sports there was one I had felt was out of reach. I was so patient I never thought of it.

Ever since I picked up a golf club in the early 1970s, it has been a passion of mine. Now that I am older, I feel it is a sport I would like to continue as long as I live. In golf, perfection is defined by shooting par or better or making a hole-in-one. Now shooting par, on a good day and on any course, is possible but hitting a hole-in-one, was beyond my realm of thinking.

I have never known anyone to score a one, perfection on one hole. Recently, in the Ozark Mountains, on a beautiful spring afternoon, on a course that was eating



me alive, when I least expected it, I achieved perfection. I have to call it one of the biggest thrills of my sporting life, the biggest in many years. Shocked and stunned, my partners and I jumped and yelled for joy when we saw the ball, my ball, roll right smack-dab into the middle of the cup from 175 yards away.

What made the stroke so unbelievable was that I have never thought about getting a hole-in-one. I set that goal when I was 14 and it took 17 years to accomplish it. I was so patient, I forgot.

My message of all this is even though you are involved with a sport, like gymnastics, in which progressions are made with some degree of regularity, don't get impatient with yourself if you don't achieve them right away. Goals are meant to be set high, to make you strive to attain them. Then, once they are attained, comes the personal satisfaction only you can enjoy. So take the time to get the

fundamentals right, to set the foundation so that the building can be built.

One perfect swing in 18 years doesn't leave me with a great percentage, but it does give me the satisfaction that I achieved a goal I thought to be impossible. Other people score a hole-in-one, not me. Other people can get a double back, not me. Not true.

Practice makes perfect. Repetition is practice and patience comes with repetition. Your coach may demand that you do simple skills many times before s/he allows you to try another skill. Patience. Only after the first skill is achieved and perfected, will the second skill fall with the third right behind. Soon, your gymnastics skills will be falling into place like dominoes.

You may never hit a hole-in-one and I will never perform a double back, but once you do it, nobody can take that moment away. Because those moments in sports and life are why we play the game and with patience, you can achieve those moments.

Patience is a virtue.



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Local Contact: Debbie Gersley • 513-734-9822  
Hotel Contact: Holiday Inn Estevan • 513-752-4400  
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This course will be conducted by several USGF National  
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Course Contact: USGF • 311-408-9740  
Local Contact: Karen Gilman • 913-425-0700  
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USGF Department of Safety  
1000 North Meridian Street, Suite 300  
Indianapolis, IN 46204

**Saturday, June 15, 1987**

1. Reno Nevada • 9:00-4:00pm  
Reno Gymnastics Center  
120 Woodland Avenue, Suite B  
Reno, NV 89503  
Course Director:  
Joseph Ramsey • 702-767-8718
2. Seattle, Washington • 9:00-4:00pm  
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Local Contact: Faye Lindeman  
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Redmond, WA 98052

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Local Contact: Carol Miller • 207-793-4200

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Triangle Triangles Gymnastics Center  
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Southern Connecticut State University  
Felix Gymnasium  
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Course Director: Joan Hobbs • 203-325-1248

**Sunday, August 18, 1987**

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Universal Gymnastics, Inc.  
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Columbus, OH 43234  
Course Director: DeLoe Montanari  
614-657-1370  
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Nicholsville, OH 45066  
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Dates, Times and Locations will all be listed in **USA GYMNASTICS and USGF TECHNIQUE**. They can also be checked by calling the USGF Department of Safety and Education at (317) 638-8743.

# EDITOR LETTERS

## A Special Dream

Dear Editor:

**I**would like to extend my deepest gratitude to Mike Botkin and Bret Pribe for making a special trip to Chicago. I am honored to have such a flattering article about me written. Never in my wildest dreams did I think I would have an article devoted solely to me and be on the cover of *USA GYMNASTICS*.

I cannot begin to describe the excitement the magazine has brought to my family, friends and people I don't even know. At a few of my competitions this year, young aspiring gymnasts nervously approached me with the magazine and asked for my autograph. I couldn't believe it!

The article revealed things about me that few people know of. It even revealed something to myself. I realized for the first time that my hard work has paid off and I have done something important. Not just for me, but for my country, the United States of America.

Thank you for helping me come to that conclusion and thank you for helping to promote the sport of rhythmic gymnastics in our country. Hopefully one day, we can put USA on the map in world competition. That is my dream for the sport.

Sincerely,  
Diane Strigoun  
Chicago, IL

## Chad Oncale Not Alone

Dear Editor:

**W**e receive your magazine because our youngest daughter is a dedicated gymnast and we all enjoy reading it. But we have another daughter who is mentally handicapped, so I felt I had to write and thank you for your article on Chad Oncale (The Chance To Dream) in

the January/February issue of *USA GYMNASTICS*.

This article should not only help educate people about athletic potential of retarded citizens, its positive attitude probably gave a real lift to many families like ourselves who deal with mental handicaps daily.

Sincerely,  
Elaine Marshall  
Stone Mountain, GA

## More On Chad

Dear Editor:

**A**s a gymnastics judge and a pediatric physical therapist, I was pleased to see the article on Chad Oncale, a gymnast with Down's Syndrome, in the January/February issue of *USA GYMNASTICS*. However, I was concerned that a possible medical safety issue was not mentioned.

Down's Syndrome is not just a simple case of mental retardation. There are a variety of medical/orthopedic problems which can accompany the Syndrome. My immediate concern is that 10-20 percent of individuals with Down's Syndrome have atlanto-axial instability. This is a ligament laxity that causes increased mobility in the first two neck vertebrae. Any individual with atlanto-axial instability should not participate in gymnastics. A neck X-Ray can determine which individuals have this instability. Special Olympics require individuals with Down's Syndrome to be checked by a knowledgeable physician before participating in their gymnastics program.

The majority (80-90 percent) of athletes with Down's Syndrome can participate in gymnastics and I would encourage them to do so. However, all gymnastics clubs should require a physician's exam and neck X-Ray before allowing an individual with Down's Syndrome to participate in their program.

Sincerely,  
Cynthia Mashros, RPT  
Pittsfield, MA

## Banner Issue

Dear Editor:

**T**hank you for the wonderful January/February issue of *USA GYMNASTICS*. I have read it from cover to cover.

The articles on rhythmic gymnastics were extremely good and I am sure that they will help to bring about a new interest in rhythmic gymnastics. It is wonderful to have the articles which feature the individual gymnasts as the young readers can relate to them as individuals. It is natural for this issue to catch my eye since I am involved in rhythmic, but the whole issue was interesting.

Having been involved in the Special Olympics for the past two years, I was pleased to see the article about Chad Oncale and his quest for the best within himself. The article on Torie With Sureness was also excellent and something that all the gymnasts and professionals should read.

Having come from an artistic background, I always enjoy following the growth of our gymnasts, both the boys' and girls programs. Even though we watched the China vs. USA meet on television, it is always nice to read an in-depth article about the meet. Television usually focuses only on the top gymnasts (two or three) and I like to have a more complete picture. Your articles provide that.

Thanks again for a job well done. Keep up the good work.

Sincerely,  
Carol Hermann  
Stillwater, OK



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# RHYTHMIC CHAMPIONSHIPS

## Three's A Charm

By Mike Botkin

**W**hen most experts looked at the prospects coming into the 1987 U.S.

Rhythmic Championships, April 3-5, they came to the conclusion it was a battle between defending National Champion Marina Kuryavsky and upstart Dina Simpson. And when push came to shove, most were secretly giving the nod to the newcomer.

What most did not figure on was a rejuvenated Kuryavsky, looking slimmer and more poised than ever before, to come into Shelbyville, Indiana, and breeze to her third consecutive title. With the victory, Kuryavsky moved into second place ahead of Candace Feinberg (national champion 1974 and 1975) for most national championships. She still trails Sue Riffe, who won an amazing six consecutive national titles from 1976 through 1981.

In the years since Kuryavsky immigrated from the Soviet Union and became a U.S. citizen, her main

strength has been execution. With machine-like precision, she can execute a routine with few mistakes. Her weakness came in her expression. The difference between Kuryavsky then, and Kuryavsky now, is in her expression.

Flowing through her innovative routines with little or no hint of misceuse, Kuryavsky gave back to the routine what her contemporaries put into it. Smiling as she stepped through her light ribbon routine, and carrying the weight of the oppressed world during her drum-aided clubs routine, Kuryavsky showed she was still the power to be reckoned with in this country.

Another important ingredient in Kuryavsky's routines was her confidence. She displayed an abundance of it throughout the meet both on and off the competitive floor. It was evident there was a very intense competitive fire burning in her eyes, but this student of Alla Shvinsky looked relaxed. Waving to the crowd from atop the victor's stand, Kuryavsky had a Cheshire cat's grin, as if she knew all along what the results would prove.

"Alla (Shvinsky) did not work me as hard this year as she did last," said Kuryavsky. "I am more relaxed, more ready to compete."

Simpson gave her a tough battle. Her performance was just as good, except for her clubs routine where a costly mistake resulted in a devastating 9.05 which left no doubt as to whom the winner would be. While warming up behind the competition floor, Simpson tossed a club high into the air where it became entangled with a basketball net that was dangling from the ceiling some 40 feet up. With her turn in the rotation impending, Simpson was unable to retrieve her club and was forced to use an unfamiliar club during her routine. It was this club she dropped out of bounds costing her a chance at the national championship.

Simpson's strength comes from her flexibility and expression. Her flexibility is akin to that once demonstrated by Stacy Overstreet. If there is a weakness, it would have to be in her execution. Even though she competed with more confidence than ever before,

Marina Kuryavsky won her third consecutive National Championship with excellent technique and a new-found showmanship.

her execution was her downfall again.

"I could have done better," said Simpson with her second consecutive silver medal adorning her neck. "I can't blame the club, I have to blame myself. I was a bundle of nerves out there. I'm not that disappointed. My main goal was to make the national team and I did that. That's what is really important," she said.

Simpson wasn't the only gymnast from Illinois Rhythmic to crack the top five. Deann Lister, in probably her finest performance to date, won



the bronze medal. Figured to be down and out after a first round 6.75 hoop routine, Lister fought her way back with a steady performance in clubs (8.50), and culminated her efforts with an imaginative ribbon routine (9.45).

The Los Angeles Lighties continued to dominate the top 10, as they have done for the past decade. They placed five in the fourth through ninth places led by Alexandra Feldman (fourth), Irina Kuznetsov (fifth), and Eugenia Yusa (sixth).



For Yusa, this was her second RSG Championship, which is not surprising considering her talent. What's shocking is she has been in the sport less than three years. "September will mark my third year," said Yusa. "I was really hoping to make the national team. Last year I finished 11th. I pushed myself this year and I'm really happy with all of my routines. I really wanted to compete internationally," said this high school junior.

Her best performance came in her second event, hoop. "I feel comfortable with the hoop. I really love that routine," she said. "If there was one area I would improve on, it would be in my confidence. Marina (Kunrevsky) is experienced. She is so sure of herself. She knows exactly where the apparatus is, and is used to catching all the time. That's what I need to work on."

Making a comeback, and doing a pretty good job of it, is 1984

Diane Simpson had an errant club knock her from contention for her first national title. Although her performance was steady, Simpson managed her second consecutive silver medal. (USGF photos © 1987, by Bret Priebe)

Olympian Michelle Berube. From 1985 through 1987, Berube dropped out of competition to coach and concentrate on academics that suffered due to her training for the 1984 Olympics. During that time, she coached Jennifer Kunst to a spot on the 1988 Junior National Team. Her decision to return looks to be justified as this member of the Oakland Rhythmic Images finished in seventh place.

It was the same striking Berube, the one that placed second to Valerie Zmurin in the 1984 Nationals, that was on the competition floor. Admittedly, she was doing the same routines from her last competitive year, many with the same results. She faltered on her first event, rope (8.60), which was



Daphne Lister is a rhythmic gymnast coming into her own as her consistency propelled her to a third place showing.

new to her, but regained the competitive composure that comes with experience, to finish the rest of her routines above 9.00. Her best performance came in her strangest event, ribbon, as she tossed and leapt her way to a 9.35.

Illinois' Rhythmas' Kelly Tanko (eighth) and Janet Bunning (ninth) got in strong performances to give that club four on the national team. Tanko's rope routine was among the best of the day, as she scored a 9.30. Bunning's best routine was with her clubs, as she scored a 9.25.



Competition for the Junior National Team was fierce. Above, from the left, are the members of that team. They are: Robin Garinger, Casey Van Leen (all-around winner), Cindy Mount, Jennifer Lovell, Julia Rowell and Riehl Ah.

Rounding out the top 10 was veteran competitor Wendy Hilliard who suffered problems with her rope (8.95) and clubs (8.60) routines but was able to compensate with strong hoop (9.10) and ribbon (9.20) routines. She finished just ahead of Michelle McIlroy of Kiro's Rhythmic.

#### Junior All-Around

With the domination of the Los Angeles Lights for so many years, the 1987 Junior National Championships shed some light on what should be the trend of the future. Parody throughout the country has been an area that has been lacking in rhythmic gymnastics up to this point. The results are a testimony of how the sport is growing.

In a very closely contested battle, Casey VanLeen of Illinois Rhythmic edged Jennifer Lovell, Maria Twente, and Kirel Alt of Alt's Gymnastics School for the title.

VanLeen, who began the final day in second, used consistent routines in rope and hoop to surpass the 50 lead Alt had after the first round. Lovell used con-

secutive 8 1/2s to edge into second spot. Cindy Mount of Illinois Rhythmic placed fourth, followed by Robin Garinger, Los Angeles Lights, and Julia Rowell, United Gymnastics Academy, who placed fifth and sixth respectively to round out the Junior National Team.

#### Senior Event Finals

Event finals provided another look at the all-around routines and gave Simpson the chance to avenge her dropped club. With performances of 9.40 and above, she won, or tied, for three of the four titles. She tied Kuryavsky in rope and won outright the hoop and ribbon competitions.

The clubs event was special as Kuryavsky walked away with this title. What made her routine stand above the rest was her choice of accompaniment, she chose drum. It was the first time she had competed this routine. In fact, she just started to practice it after regains. Considering the genuine outpouring of emotion and confidence she portrayed during the routine, she was well deserving of the 9.65. She received a 9.70 for that routine in the all-around competition and those were the highest scores awarded during the whole meet.

Tanko also performed her rope routine to a different kind of accompaniment. Her hange background fit well and only some technical problems during finals kept her from a

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medal. But, like Kunyavsky, she showed innovation and insight which will help the United States catch its European counterparts.

#### Group Routine

For the first time in the history of the group competition in this coun-

try, there were competitors in every category. The Los Angeles Lights group routine showed its strength by winning category A. Their advancement through the years was very apparent and, as a whole, they

were very solid throughout their interesting routine.

In category B, the West Coast Waves exhibited good teamwork and composition. In category C, Bayshore performed admirably despite some technical difficulties. Their strength came in their composition.



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# 1987 U.S. Rhythmic Gymnastics Championships

## Seniors Individual Scores

Place	Individual	Team	Rope	Hoop	Clubs	Ribbon	All-Around
1	Marlene Compton	LA Lights	9.400	9.100	9.700	9.300	37.500
2	Glenn Simpson	Illinois Rhyth	9.400	9.400	9.600	9.400	37.800
3	Deann Lister	Illinois Rhyth	9.300	9.700	9.800	9.500	38.300
4	Alexandra Polakova	LA Lights	9.400	9.100	9.400	9.300	37.200
5	Anna Robinson	LA Lights	9.300	9.300	9.300	9.100	36.900
6	Regina Ryan	LA Lights	9.100	9.200	9.300	9.400	36.000
7	Michelle Bender	Oakland Images	8.900	9.300	9.600	9.200	36.900
8	Billy Taylor	Illinois Rhyth	9.300	9.300	9.300	9.100	36.000
9	Jean Forney	Illinois Rhyth	9.300	9.100	9.300	8.900	36.600
10	Wendy Elliott	NY Rhythmic	9.700	9.100	9.300	9.200	37.300
11	Michelle McHenry	Ken's Rhythmic	9.600	9.700	9.300	9.000	36.600
12	Lucy David	Spartan	9.600	9.400	9.400	9.100	36.500
13	Billy Taylor	Illinois Rhyth	9.700	9.700	9.100	8.900	37.400
14	Marie Smith	Acme Gym Center	9.700	9.600	9.200	8.900	37.400
15	Charlotte Stewart	Oakland Images	9.300	9.300	9.000	8.800	36.400
16	Lu Weber	Illinois Rhyth	9.400	9.400	9.000	8.900	36.700
17	Teresa Ryan	Pacific NW	9.700	9.400	9.700	8.600	38.400
18	Joyce Knight	United States	9.700	9.400	9.400	8.900	37.400
19	Jennifer Ernst	Oakland Images	9.400	9.400	9.400	8.800	37.000
20	David Smith	Acme Gym Center	9.700	9.400	9.400	8.500	37.000

## Rope

Place	Name	Prelim.	Final	Total
1	Simpson	9.400	9.400	18.800
2	Compton	9.400	9.400	18.800
3	Lister	9.300	9.400	18.700

## Hoop

Place	Name	Prelim.	Final	Total
1	Simpson	9.400	9.400	18.800
2	Compton	9.400	9.400	18.800
3	Winters	9.300	9.400	18.700

## Clubs

Place	Name	Prelim.	Final	Total
1	Compton	9.700	9.400	19.100
2	Lister	9.600	9.300	18.900
3	Robinson	9.300	9.300	18.600

## Ribbon

Place	Name	Prelim.	Final	Total
1	Simpson	9.400	9.400	18.800
2	Compton	9.300	9.400	18.700
3	Lister	9.300	9.400	18.700

## Group Exercises

A	LA Lights	23.85
B	West Coast Waves	20.10
C	Bayshore	17.94

## Pairs Competition

1	Oakland Images/Ryan	32.20
2	Kim's	32.00
3	United Gymnastics	32.15
4	Spauld Hall Gym Club	31.80
5	Gymnast	31.70
6	Acme Springtown	29.00

## Rope

Place	Name	Prelim.	Final	Total
1	Smith	9.700	9.400	19.100
2	All	9.400	9.400	18.800
3	Lowell	9.300	9.400	18.700

## Hoop

Place	Name	Prelim.	Final	Total
1	Lowell	9.400	9.400	18.800
2	Smith	9.400	9.700	19.100
3	Nelson	9.300	9.300	18.600

## Clubs

Place	Name	Prelim.	Final	Total
1	Lowell	9.400	9.400	18.800
2	Gardner	9.400	9.200	18.600
3	All	9.300	9.200	18.500

## Ribbon

Place	Name	Prelim.	Final	Total
1	Smith	9.300	9.300	18.600
2	All	9.300	9.300	18.600
3	Winters	9.000	9.400	18.400

## Juniors

### Individual Scores

Place	Individual	Team	Rope	Hoop	Clubs	Ribbon	All-Around
1	Carly Vickers	Illinois Rhyth	8.800	8.500	9.200	8.600	35.100
2	Jennifer Lowell	West Coast Waves	8.500	8.800	9.400	8.600	35.300
3	Erin All	Alta Team	9.000	9.100	9.300	8.800	36.200
4	Cindy Wood	Illinois Rhyth	9.700	9.400	9.100	8.800	37.000
5	Bella Burgett	LA Lights	9.000	9.000	9.400	9.100	36.500
6	Julia Smith	United Gym Acad	9.900	9.400	9.200	9.000	37.500
7	Michelle Johnson	United Gym Acad	9.100	9.000	9.400	8.800	35.300
8	Carissa Carter	Spartan	9.200	9.100	9.700	9.100	37.100
9	Jennifer Ryan	LA Lights	9.000	9.100	9.400	9.100	36.600
10	Jennifer Lewis	United Gym Acad	9.000	9.000	9.300	9.000	36.300
11	Jennifer Ryan	Illinois Rhyth	9.700	9.400	9.100	8.900	37.100
12	Christina Smith	West Coast Waves	9.700	9.400	9.700	9.400	38.200
13	Erin Ann Williams	Spauld Hall	9.700	9.000	9.400	9.000	37.500
14	Carly Vickers	Illinois	9.400	9.700	9.400	9.000	37.500
15	Christina Smith	West Coast Waves	9.700	9.400	9.400	9.400	38.900

# GYMNASTS RELAX, ENJOY MIXED PAIRS

## Johnson, Mills Victorious

By Susan Polackoff

**T**he heat was off. The 1987 McDonald's American Cup was history and gymnasts competing in the Cup's sister meet, the McDonald's International Mixed Pairs in Norfolk, Virginia, could finally breathe a little easier.

The serious, intense and hectic pace of the previous week was offset by a more relaxed tone. Competitors could finally take time to enjoy new-found friendships.

One of those gymnasts who felt at home in the U.S. was Anja Wilhelm of the Federal Republic of Germany. Wilhelm, 18, was easily recognized by her dramatic style and individual flair, in and out of the gym.

In the gym, Wilhelm's uneven bars routine opened a few eyes

and earned a few gasps from spectators. During her routine, she stood on the high bar and performed a front with a half twist, catching the high bar, then dismounted by again standing on the high bar and completing a back somersault with a double twist over the low bar. (Reminiscent of Olga Korbut's spectacular move.) "It's not as difficult as it looks, it's just totally different and no one else does those things," she said.

Not surprisingly, Korbut's style made a memorable impression on Wilhelm. "The first time I saw her, I was only four years old. That's when I began gymnastics." The fact that her parents are her coaches helped spawn her interest in the sport as well.

"The three of us collaborate on my routines," she said. Anja's youthful-looking father accompanied her on the trip. "Everybody asks if he is my brother," she laughed. "I

think it's good to have a father who is your coach. He really knows me, especially if I tell him I'm having trouble or if I can't do something," she said.

Wilhelm was easily recognized by her punkish-hair cut and neon-bright leotards and ultra-modern floor music. "I want to show people how much I love gymnastics. If I like my routine and am having fun—it shows," she said.

"My biggest aim is to return to the Olympics," she said. She competed in Los Angeles in 1984, the same year she was her country's national champion. (She repeated the title in 1985.) A German national team member for six years, Wilhelm faces the European and national championships in May.

"I really have enjoyed this competition, especially the Mixed Pairs. It's been quite fun

Anja Wilhelm of the Federal Republic of Germany, has the desire to return to the United States to attend college on a scholarship.

(Right) In his first visit to the United States, Kroll is all smiles. (USGF photos © 1987, by Dave Black and Susan Polackoff)







and I think everyone is more relaxed," she said. "I would like to return to the U.S. to go to college on a gymnastics scholarship. Of course a school in California would be great," she grinned.

Also grinning throughout much of the Mixed Pairs meet were the team of Phoebe Mills and Scott Johnson. Mills and Johnson won the competition, just behind the USSR's Olga Strashova and Vladimir Gogalache. Romania's Angelina Badea and Marian Răzvan won the bronze medal.

"We felt very confident," Johnson said after the competition. "Phoebe clinched it for us." Mills returned the praise. "We both wanted to finish on a good note. I'm glad Scott was my partner, we were both psyched."

Sylvia Kroll, of the German Democratic Republic, performed exhibitions during breaks in the competition. Kroll, a familiar name in the

sport for years, was on his first visit to the U.S. "This has been a good trip," said the soft-spoken 22-year-old. The 1985 World Champion on the parallel bars, Kroll also enjoyed sightseeing in Washington D.C. "The monuments were very beautiful. I didn't know how nice this city is," he said during a break at the Jefferson Memorial Lake. Most athletes, Kroll loosened up in Norfolk while his confidence in his English-speaking ability grew.

At the end of the two-week American Cup/Mixed Pairs competition, gymnasts, coaches, interpreters and staff members were reminded of the sometimes not-so-obvious benefits and probably forgotten-to-often reason for international athletic competition—friendship.

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# EVENT RESULTS

## Flips 5th Annual Gymnastics Invitational

**F**lips Gymnastics of Reno, Nevada, held its 5th Annual Gymnastics Invitational January 21-24, 1987. The meet was held in the Goldwyn Ballroom at the Bally's Hotel (formerly the MGM) and included 163 gymnasts representing 24 gyms from across the United States and Canada.

The preliminary team qualifying sessions were held on Friday. Nine teams and some individuals qualified from the three sessions into the finals which were held Saturday. Taking home the first place team award, with a score of 116.40, was the Desert Devils "A" team. Flips finished closely behind with a score of 110.00 for second place. The Desert Devils "B" team placed third with a combined team score of 109.45.

Large crowds of spectators observed the sessions with a record crowd of over 1200 in attendance at the finals. They were never disappointed as the competitors performed exciting and innovative routines on all apparatuses.

### Individual Results:

#### Vault

Rene Kelly, USARS Sport, 9.50  
Shay Fowler, Desert Devils, 9.40  
Lori Evans, Desert Devils, 9.40  
Kristi Pasack, Desert Devils, 9.35

#### Bars

Shay Fowler, Desert Devils, 9.30  
Juliet Baugher, Desert Devils, 9.20  
Trish Hough, Arizona, 9.20  
Kim Harley, Flips, 9.10

#### Beam

Kim Harley, Flips, 9.50  
Juliet Baugher, Desert Devils, 9.45  
Trish Hough, Arizona, 9.35  
Kim Pasack, Flips, 9.35

#### Floor

Kim Harley, Flips, 9.55  
Shay Fowler, Desert Devils, 9.45  
Kim Pasack, Flips, 9.40  
Janice Smith, Desert Devils, 9.35

### All-Around

Kim Harley, Flips, 27.80  
Shay Fowler, Desert Devils, 27.50  
Janice Smith, Desert Devils, 27.50  
Juliet Baugher, Desert Devils, 26.75  
Kristi Pasack, Desert Devils, 26.50  
Trish Hough, Arizona, 26.25  
Rene Kelly, USARS Sport, 26.00

### Advanced Optionals Results:

#### 10 a.m. - All-Around

Rene Kelly, Production, 24.40  
Shay Fowler, Desert Devils, 24.25  
Janice Smith, Production, 24.00

#### 2 p.m. - All-Around

Kim Harley, Flips, 23.50  
Shay Fowler, 23.00  
Trish Hough, Arizona, 22.00  
Juliet Baugher, Capital Gymnastics, 21.50

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# DANCE

## Strategies For Choreographing Female Floor Routines

By Rebecca Thompson

*(Editor's Note: This is the first of a two-part series dealing with dance and choreography for women's floor routines. Part two will appear in the July/August issue of USA GYMNASTICS.)*

**T**he following is designed to help coaches who have had little training in gymnastics. Hopefully, there will be a few hints that will help even those who have had training in both fields. The emphasis of the article is not to give the reader the exact movements the gymnast should do, but rather to give the choreographer an outline and some structure for guidance in the process involved in the special design of the floor routine.

Questions most frequently asked about floor exercise choreography were: 1) How should I choose music for my gymnast? 2) How do I keep my gymnast from running out of energy at the end of the routine? 3) What kind of dance movements should my gymnast do in her floor routine? and 4) What can we do to make her floor routine extra well in a meet?

These are the major issues that need to be dealt with from a choreographer's viewpoint. Once you feel that your gymnast is ready to begin optional routines, you must also be ready to choreograph a routine for her that will show her at her best. At this stage of the game, it will be helpful to know that there are some tricks for the choreography of a good floor routine.

### Choosing Music For Floor Routines

It is important to involve your gymnast in the choice of music for her floor routine. If she does not like the music you choose, she may lack the motivation to perform to the best of her ability. The music that is chosen should create within the gymnast a desire to move. It should be music that lends itself to the requirement of the floor exercise event.

Floor music should include a change of pace and rhythm. Tumbling passes provide an excellent opportunity to show this variation in tempo. Music for tumbling passes should be distinct and should build in intensity by changing speed, volume, or by adding instruments. For planning purposes you can generally count on a tumbling

pass to take from four to eight seconds. The use of a stop watch, of course, can give you exact times for your gymnast.

The beginning gymnast will probably not be doing very difficult tumbling passes, nor will she need much "recovery time" after her passes. The more advanced the gymnast is, the more time she will need for her tumbling passes. In general her tumbling passes will have more skills and they will be more difficult. The more difficult skills need some "recovery time" in the corner. This "recovery time" means you must allow musically for her to have a few seconds in the corner after each tumbling pass for a few simple arm movements (or for regaining her composure after over-rotating her first salto in her first meet). Once the gymnast is more accomplished with her tumbling, she will still need a little extra time to collect herself after her tumbling pass before she moves on to the dance section.

The floor routine needs a slow section of music. It is a good idea to plan this section to occur between the second and third tumbling passes. It is at this point that the gymnast will most likely need a "rest" in order to complete her final tumbling pass. Though the gymnast must move during this slow section, she can do so without bringing herself to exhaustion. It is also important that the movements she performs do not make her look as though she is "resting." She must still be performing with great energy and commitment, but she can do so with movements that will not

be as tiring. This is not a good time to do leaps and high jumps. This is a time for slow, soft and supple movements.

This is generally the time to do the "low level" or on-the-floor movements that are required. (It is written in the judge's code book that the gymnast should change levels when performing her floor routine. This means that she should work close to the floor as well as showing high leaps and jumps.)

Most any style of music is acceptable. However, some choices are better than others. The more popular types of music can be used, but oftentimes create a problem for the gymnast in the meet situation. Too often, more than one gymnast performs to the same or similar piece of music. This can be a disadvantage to the gymnast who performs second because the judges (as well as the audience) have already seen a performance and may be comparing the two. The meet situation is difficult enough without the added stress created by hearing her music and watching another gymnast's interpretation.

Even if no other gymnast has the same piece of popular music, it is always possible that the judges have a preconceived idea of what movements should go with that music. In a sport where every tenth counts, I would recommend that the coach and gymnast choose a piece of music that will make her routine unique.

## How To Keep The Gymnast's Energy Level High

The structure of the floor routine will make a big difference in whether the gymnast will simply "survive" the exercise or will look good from start to finish. The structure is for the most part a matter of timing and correct placement of elements.

In the overall timing of the floor exercise routine, there are requirements given by the judge's code book. The maximum and minimum time limits for the routine may vary from year to year, so it is a good idea to obtain a copy of the rule book and learn these limits before beginning your choreography. Knowing the time limit is important, but of even greater importance is what you do within these limitations. Keeping in mind that tape recorders vary in speed, you should never allow the music to be at the exact minimum or maximum limit. There is as much as a five-second difference between recorders. If you do not allow for a difference in recorder speeds, this could cost your gymnast a deduction.

With the beginning optional competitor, the shorter routine is better. The less time the gymnast is out on the floor, the less time the judges have to look for deductions. Generally, the time for a beginning gymnast's floor routine is best when it is approximately one minute and 15 seconds in full length. This allows time to do the required elements without endangering the gymnast's endurance. Keep in mind that the longer your gymnast is



Nadia Comaneci danced into millions of hearts. (USGF photo © 1979, by Rich Kenney)

out on the floor, the more choreography you will have to design.

At the beginning of the floor routine, the gymnast should be situated near, or in, a corner. According to the rules, she is allowed to have a short introduction of music. Give her one to four measures before she begins any movement. She needs this time to hear the music before beginning her performance. It is very difficult to try to begin moving with the very first note of any music. She needs the introduction and since it is allowed, plan to use it. She should be in a starting shape that is easy for her to hold without faltering. Oftentimes the music does not begin immediately when she strikes her opening position, due to a long leader tape or a slow music technician; she should be able to hold the opening shape for a relatively long period of time.

After the introduction, there should be a

short section where the gymnast will do a minimal amount of movement. Then she should tumble her first pass immediately. The first pass should be followed by a short dance section. Then the music should lead into the second tumbling pass. Following the second pass should be a long dance section, the last half of which should be the slow section of music that was discussed earlier. After the slow section the music should build into the final tumbling pass. Following this last tumbling pass there should be a very short section of music to draw the whole routine to a close.

The floor routine structure then looks something like this:

1. Short introduction approximately 4-6 seconds
2. First tumbling pass approximately 4-7 seconds

3. Short dance section approximately 8-15 seconds
4. Second tumbling pass approximately 4-7 seconds
5. Long dance section approximately 20-30 seconds
6. Third ending segment approximately 4-8 seconds

The variance in the sections will largely depend upon the music chosen for the routine. The music must not give a feeling of being "chopped up." In other words, it is essential to complete the music phrasing in each section. This will make up the slight difference in the number of seconds for each section of the routine. Since it is important to keep the structure, it may mean that some pieces of music will not be possible for floor exercise routines. You must choose the music wisely and keep to the structure.

# 1987 McDONALD'S CHALLENGE:

# USA VS. USSR

By Mike Rotkin

**E**ducational, it was, to see teams from the United States and the Soviet Union clash on the gymnastics field.

Although the odds were stacked against the host squads draped in red, white and blue, what did come out of the battle was a renewed sense of direction; a direction which seemed to have been dissipating into oblivion over the past three years.

The erosion of the men's team began with the departure of 1984 Olympians Mitch Gaylord, Peter Vidmar, Bart Conner and Jim Hartung. After the first event in the 1985 World Championships in Montreal, the men's team was left standing at the bottom of the mountain looking at an awfully long road back to the top.

Injuries plagued the men with Tim Daggett, Phil Cahoy and Brian Babcock all suffering falls off high bar. None competed in this meet, although Babcock was present and ready if called upon. The only gymnast to keep himself



The men's competition left spectators gawking, and Valery Lyukin's performance was no exception. Lyukin used a 9.90 on floor to vault to the all-around title defeating teammate and 1985 World Champion Yuri Korotev. (USAGF photos © 1987, by Dave Black)

## Long Road Back

## Women's Competition

The Kristie Phillips phenomenon continued right on schedule according to her master tactician, Bela Karolyi. Phillips, aided by an under-rotated double back on floor by Svetlana Boginskaya, seized the opportunity once again and slid in the back door for the all-around title. Her 9.90 floor routine easily put her ahead of Boginskaya, who rolled herself into third place from the leader's position, and kept her ahead of the talented Natalia Lashchenova.

But it was the failure of the team to defeat the Soviets which haunted Phillips after the meet. "I wanted to win because it would help the team. We had a lot of pressure to compete against the best in the world. I am happy at winning the all-around, but I thought we could have won as a team."

The Soviet squad was not the same that has dominated international competition since before the World Championships. If you could give it a name, this team would have to be ranked as the "second string." While they were defeating the Americans 196.100 to 196.475, the "first string" was back in the Soviet Union training for the European Championships.

There were a few familiar faces on the Soviet team headed by 1981 World Champion Olga Biberova and Natalia Prokova, but for the most part, this was a new batch of very talented athletes.

In a meet where the scores were higher than normal, Phillips' path to the victor's stand wasn't all that easy. Prokova got the meet started right with her perfect 10.00 for her roundoff onto the horse, layout tuckahara with a full twist vault. So, not to be outdone, Phillips unveiled her new vault, a roundoff onto the horse, layout back somersault with a double twist, or a 404 according to the Women's Code of Points. She nailed the dismount and received a 9.85. She continued on with a 9.90 for uneven bars and a 9.875 for her difficult beam routine which set the stage for her floor routine heroics.

The enthusiasm was building. Before a packed Denver Coliseum on a beautiful spring day, the women of the United States put on a pretty good show. Probably the

Before too much is said about the Soviets, the American squad deserves some attention. According to Karolyi, too many are looking to the Soviet Union with awe. In order to beat them, the United States must first think it can beat them. And that, according to Karolyi, is possible.

"I promise you," he said, "we gonna make it. I respect the Soviet athletes, but I also respect ours. We are training in the worst conditions, not like theirs, and we are producing great athletes. Damn it, we can beat these guys and I promise, we will be on the awards stand in 1988." With that, the usually subdued press corps applauded.

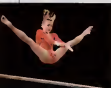


By keeping herself in the position to win, Kristie Phillips was able to come from behind to escape with the all-around title.

away from the medical charis was Scott Johnson, who has been making marked strides since his unraveling in the 1985 Championships of the USA.

The erosion of the women's team has been slower due to Kristie Phillips, Phoebe Mills, Hope Hively and others there to plug some of the vacated holes. For them, the ascent to the top is a shorter climb, but one that should prove equally difficult.

But for this particular encounter, both U.S. teams showed themselves as potential contenders. Not necessarily for the gold medal in the World Championships or the Olympics, but for a spot on that podium and a chance to renew the glory felt during the Summer of 1984.



**Svetlana Boginskaya** used a 9.900 on uneven bars to lead going into the final event, but scored a 9.500 on floor to surrender her lead to Kristie Phillips of the United States.

best performance from an individual besides Phillips, came from the North Star's Joyce Wilborn. Except for one fall on beam and the resulting 9.15 score, Wilborn was at her best. Her total of 38.55 beat that of the 1986 Championships of the USA total (37.95), which put her in third place and was also better than her team total from the Goodwill Games (37.55).

But Wilborn's best performance of the day came on floor. Always considered a strong tumbler and vaulteer, Wilborn turned the tide and showed her dancing ability and absolutely hit all phases of her floor routine. It combined popular music, innovative body waves with consistent tumbling in one of the best performances on floor since Oksana Chelchik's continuous tumbling sequence in the 1985 World Championships. And the crowd loved it. So did the judges who awarded her a 9.95

"I have performed this routine once before a couple of years ago," said Wilborn. "I got it out, dust off certain parts and use it over and over again. For the Championships, I'm looking to increase the difficulty in my second pass."

Another gymnast who surfaced after what seemed like a long absence was Melissa Marlowe. Becoming a couple of inches taller has given this member of Rocky Mountain Gymnastics long elegant body lines. According to her coach Mark Lee, Marlowe has been going through a re-learning process since she started growing. But none the less, Marlowe performed well except for a fall on her beam mount, a roundoff flip flop.

What gave this team its special flavor was how well balanced it was. There were those who were scoring 9.80s and better who came last in the rotation; then there were the steady performers who went first and second every event. One of the steadiest performers was Jennifer Sey, whose scores ranged from 9.60 to 9.70. Sey was the first American on three events and got the ball rolling with one 9.65 and two 9.60s. "I think this is the strongest team we have assembled in a long time," said Donna Strauss, head coach at the Parkettes.

Hopie Spivey, another product of the Parkettes, was yet another consistent performer throughout the

meet with scores ranging between 9.70 and 9.80. She became the second highest American in the standings with her consistent efforts as she tied for fifth with Yulia Kust of the Soviet Union.

It was her attempt at something that nobody else had done that got Floebe Mills in trouble. "I was trying a reverse hecht in the piked position and I hit my heel on the bar," said Mills of her uneven bars routine. "This was the first time I had ever completed it and I wasn't really sure how it felt. Now I know and it will be easier." She did manage to hang onto the bar with one hand and complete the routine, but the miscue sent her rhythm reeling and her score plunging (9.50), which took her out of the title hunt.



**Joyce Wilborn** electrified the Denver crowd with her energetic floor routine. Wilborn's 9.850 tied Natalia Lanchenova for the gold on floor.

In addition to missing her routine, when her heel hit the bar, it bruised her Achilles tendon. Thus, in turn, prevented her from sticking her first pass on floor. "Because of the pain in my heel, I couldn't land properly and fall out of bounds," she said. For her efforts, the judges awarded her a 9.15.

The Soviets must be given their due. Lanchenova, a dark-skinned prize from Riga, came into this meet an unknown quantity but left a definite impression — like that of her strong beam routine which she dismantled with a flip flop, flip flop (feet together), full in, back out. She used a strong 9.85 floor routine to slip her into second all-around behind Phillips.

The Soviets' fierce determination was demonstrated when Olga Chumida and Fedora nearly fell off beam after their mounts. Both struggled to hang on, not giving up because as Fedora put it, "To fall is to fail. I did not want to fail so I hung on. I wanted better results," and Fedora "I worked too little. If I would have worked better, I would have done better. I couldn't concentrate. The crowd was cheering so loud that I couldn't concentrate."

#### **Men's Competition**

It was most rewarding to see the troubled men's team held together after its problems in the past three years. Despite the inquiries nagging them (Jon Omeri, ankle, Brian Ginsberg, ankle, and Rob Brown, flu) they managed to put together a solid performance, proving to themselves





Exemplary extension and execution highlighted the majority of Soviet men's performances. Valentin Mogilyai was no exception, scoring a 10.00 for his pommel horse routine.

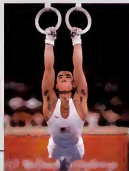
they have all the necessary tools to compete at the international level.

"This competition was very important to us," said Scott Johnson. "The U.S. hasn't been doing well in international competitions lately, so we wanted to show the Soviets that we are still a strong USA gymnastics team."

The Soviets began their domination of the meet from the first event, floor. But even as they built a lead of 1.10, it was clear that this was a better American squad performing. Ginsberg was hampered with a sore ankle, but still managed a 9.85 for a watered-down routine. "I didn't have anything in it," said Ginsberg, who has one of the most imaginative routines in the country. "My ankle couldn't take it, so I just went out and did the best I could."

Except for an ankle injury, Jon Gunn's performance throughout the competition could be termed as consistent.

During the warm-up sessions prior to the competition, eventual all-around winner Valery Lyukin stole some thunder from Ginsberg when he was seen practicing a triple back on floor and over-rotating it with a spatter's help. "I was mad when I saw that," said Ginsberg. "I have been working on a triple for six months. I'm going to add it to my routine in the finals of the Championships." Lyukin did not perform this skill in his routine.



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By virtue of his 9.85 parallel bars routine and his 9.90 high bar routine, Dan Hayden was the top finisher for the United States, placing fourth all-around.

tion when he performed a double front whopait into an immediate double front dismount.

The Americans got past the spell which vault held over them as they came through without a break. Instead of scoring 46.10 as they did in the 1985 World Championships, they beat that mark with a 48.10. But, again, it was the Soviets setting the pace with a 49.10. Lyukin continued his dominating ways with a history-making vault of a handspring double front in the layout position for a 9.95. Novikov didn't come as well, but his layout handspring double front (9.80) was the first vault of its kind to be performed in the United States.

Consistency was the key to parallel bars as the Americans counted four scores of 9.75 and better. Hayden won the gold in this event as his near-perfect routine was evaluated at 9.85. Johnson kept himself in the race for a medal with a 9.90 routine.

But, as usual, the best performance of the day came in the last event — high bar. Jon Omari broke through the barrier of 9.50s to spur the team with a 9.85 routine, by far his best performance of the meet. Johnson, as he did in the American Cup, took himself out of the medal chase by over-rotating his triple back dismount, scoring a 9.45. Hayden completed his Kovak and scored a 9.90. But it was again Lyukin who put the finishing touches on an excellent afternoon (59.70) as he scored another perfect 10.00, his second. "This is the best performance ever by Valery," said Leonid Arkasov, the Soviet head coach. "I wasn't surprised at my performance," said a modest Lyukin. "I wanted to win this competition."

"I was especially impressed with the American's horizontal bar," said Arkasov. "Even though there were some mistakes, there is good potential."

American Coach Abie Grossfeld was pleased with the performance of the team. "We are on our way back," he said. "The coaches are quite happy with the level we performed at. We feel that a realistic goal for us is top three at the World Championships."

Johnson echoes his coaches sentiments. "We don't want to get our goals at just beating the Soviets. I don't think that's the way to go at it. We need to set our goals at going out and doing our best, and if we can do this, we can come home with a medal."

#### Men's Floor Exercise 4-24-87

Place	Team	Name	Score
1	USA	Erik Sundin	9.90
2	USSR	Valentin Lyukin	9.80
3	USA	Valery Novikov	9.65
4	USA	John Johnson	9.45
5	USSR	Valentin Mogilyov	9.10
6	USSR	Admet Tikhonchik	8.75

#### Fommel Horse

Place	Team	Name	Score
1	USSR	Valentin Lyukin	9.90
2	USSR	Valentin Mogilyov	9.80
3	USA	Erik Sundin	9.65
4	USA	John Johnson	9.45
5	USA	Dan Hayden	9.00
6	USA	Wes Suter	8.65



Hope Spivey turned in a solid performance, including a 9.800 on floor, to be the second highest finisher for the United States. Spivey placed fifth, tied with the Soviet Union's Yuli Kuti.

# 1987 Men's Gymnastics

## United States vs. Soviet Union

### Still Rings

Place	Team Name	Score
1	URS Yelisey Lyudsk	9.900
1	URS Yuri Kozlov	9.900
3	URS Vladimir Shcherbo	9.800
4	USA Dan Kaplan	9.800
5	USA Scott Johnson	9.700
6	URS Vladimir Maygaj	9.500

### Parallel Bars

Place	Team Name	Score
1	USA Dan Kaplan	9.800
2	USA Scott Johnson	9.800
3	URS Yuri Kozlov	9.800
4	URS Yelisey Lyudsk	9.800
5	URS Vladimir Maygaj	9.600
6	URS Alexander Titovskikh	9.500

### All-Around Finals Denver, CO

		Place	Bars	Rings	Vault	P Bars	B Bar	A.A.
1	Yelisey Lyudsk	URS	9.90	10.00	9.95	9.95	9.94	10.00 99.700
2	Yuri Kozlov	URS	9.90	10.00	9.90	9.90	9.90	9.95 99.600
3	Vladimir Maygaj	URS	9.75	10.00	9.80	9.70	9.80	9.80 99.300
4	Dan Kaplan	USA	9.75	9.80	9.90	9.80	9.90	9.85 99.300
5	Vladimir Shcherbo	URS	9.80	9.80	9.80	9.80	9.80	9.80 99.000
6	Brian Brubaker	USA	9.60	9.70	9.80	9.60	9.70	9.75 98.700
7	Scott Johnson	USA	9.60	9.80	9.60	9.60	9.60	9.60 98.600
8	Alexander Titovskikh	URS	9.75	9.60	9.70	9.70	9.60	9.70 98.600
9	Vladimir Andreev	URS	9.65	9.70	9.60	9.50	9.60	9.55 98.500
10	Ken Sauer	USA	9.60	9.60	9.60	9.60	9.70	9.60 98.600
11	Robert Brown	USA	9.65	9.60	9.60	9.70	9.60	9.60 98.600
12	Jon Good	USA	9.40	9.60	9.50	9.60	9.60	9.60 98.100

### Vault

Place	Team Name	Score
1	URS Yelisey Lyudsk	9.900
2	URS Yuri Kozlov	9.800
3	URS Vladimir Shcherbo	9.600
4	USA Scott Johnson	9.500
5	URS Alexander Titovskikh	9.500
6	URS Vladimir Maygaj	9.700

### High Bar

Place	Team Name	Score
1	URS Yelisey Lyudsk	10.000
2	URS Yuri Kozlov	9.900
3	URS Vladimir Shcherbo	9.600
4	USA Dan Kaplan	9.600
5	URS Vladimir Maygaj	9.600
6	USA Jon Good	9.600

### Men's Team Standings

Place	Team	Floor	Bars	Rings	Vault	P Bars	B Bar	Total
1	URS	48.20	48.20	48.40	48.10	48.20	48.40	293.50
2	USA	48.10	48.70	48.00	48.10	48.00	48.00	290.80

# 1987 Women's Gymnastics

## United States vs. Soviet Union

### Women's Vault 4-25-87

Place	Team Name	Score
1	URS Natalia Fedura	10.000
2	URS Svetlana	
	Bojarskaya	9.900
3	USA Phoebe Mills	9.800
4	URS Olga Chavchen	9.800
5	USA Joyce Wilmore	9.800
6	USA Melissa Mathews	9.600
7	USA Kristina Phillips	9.500

### Balance Beam

Place	Team Name	Score
1	USA Kristina Phillips	9.750*
2	USA Phoebe Mills	9.700
3	URS Svetlana	
	Bojarskaya	9.600
5	URS Olga Chavchen	9.600
6	URS Natalia	
	Luchitskaya	9.600
8	USA Joyce Wilmore	9.500
9	USA Joyce Wilmore	9.500
10	USA Joyce Wilmore	9.500

### All-Around Finals Denver, CO

		Vault	Bars	Beam	Floor	A.A.
1	Kristina Phillips	USA	9.600	9.800	10.000	9.900 39.400
2	Natalia Luchitskaya	URS	9.600	9.800	9.900	9.900 39.200
3	Svetlana Bojarskaya	URS	9.600	9.800	9.800	9.900 39.200
4	Natalia Fedura	URS	10.000	9.700	9.800	9.800 39.300
5	Yulia Iva	URS	9.600	9.800	9.800	9.800 39.000
6	Olga Spivak	USA	9.700	9.700	9.700	9.800 39.000
7	Melissa Mathews	USA	9.600	9.600	9.700	9.700 38.600
8	Olga Chavchen	URS	9.600	9.600	9.600	9.600 38.400
9	Jennifer Kay	USA	9.600	9.600	9.700	9.600 38.500
10	Joyce Wilmore	USA	9.600	9.600	9.600	9.600 38.400
11	Phoebe Mills	USA	9.600	9.600	9.600	9.600 38.400
12	Olga Chavchen	URS	9.600	9.600	9.600	9.600 38.400

### Uneven Bars

Place	Team Name	Score
1	URS Natalia Fedura	9.800
2	USA Kristina Phillips	9.700
3	URS Yulia Iva	9.700
4	URS Svetlana	
	Bojarskaya	9.600
6	USA Kristina Phillips	9.600
7	URS Natalia	
	Luchitskaya	9.500

### Women's Floor Exercise

Place	Team Name	Score
1	USA Joyce Wilmore	9.800
1	URS Natalia	
	Luchitskaya	9.600
3	URS Yulia Iva	9.600
4	USA Kristina Phillips	9.600
5	USA Melissa Mathews	9.600
6	URS Olga Chavchen	9.600
7	USA Joyce Wilmore	9.600

### Women's Team Standings

Place	Team	Vault	Bars	Beam	Floor	Total
1	URS	48.900	48.800	48.900	48.900	196.500
2	USA	48.800	48.700	48.700	48.700	196.500

# GYMNASTIC INJURIES:

## A Word To The Wise

By Laurie Einstein Koszuta

**E**very four years, the athletic prowess and innovative movements of gymnastic hopefuls are chronicled in the Olympic Games. While the athletes' routines may be thoroughly analyzed for the public by expert commentary, their injuries are not.

Injuries are common to all sports with gymnastics being no exception. In fact, few beginners realize that these injuries can eliminate them from all levels of competition and training.

Unlike team-dependent sports, the single opponent in this sport is the apparatus and the gymnast's own body. For the most part, it is not the apparatus itself that causes injury, but how it is used. The severity of the injury is often dependent on factors of both physical and emotional influence. Whether in combination, or acting alone, factors such as unnatural movements, inadequate skills, weak muscles, rocky attitudes, overly aggressive coaching and overzealous parents, among many others, may be directly related to injury.

It isn't unusual for beginners to want to try new and difficult routines as their interest in the sport increases, or as they try to emulate their gymnastic idol. However, injuries can be decreased with proper instruction, correction of errors, and understanding of the skills and apparatus involved in gymnastics.

The need exists for a cooperative and supportive relationship between the gymnast, parent and coach. The relationship takes on particular importance as it can isolate potential injury and promote a good working relationship.

### The Common Ones

Many injuries can be prevented with a proper medical screening. According to the United States Gymnastics Federation (USGF) Safety Manual, physical limitations such as knock-knees or bowlegs (among others) and the effect they have on gymnastic performance should be clearly understood by the coach, parent and participant. In this way, activities within the program can be modified or eliminated before a beginner ever attempts to try them.

Even without physical limitation, injuries exist and generally

fall into two categories: (1) direct trauma and (2) overuse syndromes. Direct trauma is an injury to a specific body part caused by a fall, excessive tumbling on a hard surface or dismount from an apparatus. The back, knee and hands are three of the most frequently affected parts in this category. Overuse syndromes often associated with high-level gymnastic performance, are produced when an excessive, repetitive motion is applied to a particular body part. Undue stress on one area of the body will eventually cause that part to break down much like an overused machine. The target areas seem to be the knee, ankle and foot.

**Direct Trauma:** The lower back or lumbar region is one of the most vulnerable areas of the body, frequently taking the brunt of punishment. The demands and abuse that gymnasts place on their backs when executing intricate movements on the balance beam, floor exercises, vault or dismounts, easily account for symptoms of back pain that can interfere with training.

"Beginning gymnasts don't have the flexibility of Kristie Phillips" (1986-87 McDonald's American Cup winner), noted Jack Rockwell, Director of Physical Therapy at the Santa Rosa Medical Center (California) and chief therapist and athletic trainer for the U.S. Gymnastics Team. Phillips is known for her balance beam routine demonstrating supreme flexibility of her lower back, beyond even that of other elite gymnasts.

"A lot of girls try to emulate her," Rockwell said. "It really scares me when she does her beam routines and is able to bend to that degree. Other girls might try it and get hurt in the process. Many of them are not conditioned enough to try to do those tricks."

In a two-year period between September 1983 and September 1985, there were 69 claims filed with the USGF for injuries sustained on the balance beam. The second highest offender for apparatus was the uneven bars with 65 claims. A higher percentage of girls were injured than their male counterparts.

Even with these numbers, most of the injuries occur late in the



workout session involving seasoned gymnasts rather than beginners working on established skills.

While lower back injuries seem to top the list, knee injuries are not far behind. The continual twisting, bending, jumping and landing maneuvers that are intrinsic to every routine may be the very elements responsible for injuries. Some landings may be off balance and can create enough force to irritate the surface under the kneecap to produce a condition known as chondromalacia. Frequently, gymnasts with this type of condition complain of their knee "giving out" and swelling.

In addition, instability of the knee, along with sprains and strains of the ligaments, account for many gymnastic knee injuries.

Another frequent problem, although not as severe, are hand abrasions. Regardless of club or school setting, or level of training, the hands play a vital role in providing stability and support during routines. Blisters and bruises, although annoying,



generally do not deter a gymnast unless bleeding occurs. In an effort to protect the hands from continual abuse, gymnasts are frequently seen "chalking" their hands prior to a workout. Gymnasts also use dowel grips for hand protection and increased grip strength. Unfortunately, this can create overuse shoulder injuries especially for male gymnasts when working on the high bar and rings because of the increased velocity and functional grip strength now available to them.

Overuse! In any level of gymnastics training, it isn't unusual to see young gymnasts, usually girls, sidelined due to overuse injuries involving the muscles and bones of the lower leg. Generally, the injuries are a consequence of repeated pounding from jumps and "sticking" the dismount from vaulting and floor exercises. It can also be attributed to increased training in which the number of practice sessions is longer and more frequent.

For the most part, the body's own shock absorbers can handle the force generated by these movements. However, ballistics and repetitive movements used in gymnastics eventually result in microscopic bone dam-

age often referred to as stress fractures and shin splints.

The only clue to a problem may be pain in the lower legs with and without weight bearing, soreness and loss of function. X-Rays may not even fully disclose the problem.

Shin splints are often misunderstood and mislabeled. Simply, shin splints are caused by a lack of strength in the lower leg. They can also be the result of faulty technique, or a combination of a poor floor surface and fatigue.

#### What to Do

According to Gerald S. George, Ph.D., USGF Director of Education and Safety, no injury should be ignored or taken lightly. All injuries either from direct trauma or overuse should be thoroughly evaluated by a sports medicine physician. Most likely the physician will order X-Rays or other diagnostic tests to determine the exact injury. Taking action, says George, will mini-

mize additional problems and get the gymnast back in training.

Gymnasts should not be permitted to train after an injury, George warns, until the injured part has had time to rest and heal. In the first 48 to 72 hours following injury, the USGF Safety Manual refers to the RICE method of treatment. RICE refers to Rest, Ice, Compression and Elevation. Going to bed with a heating pad is not recommended as it will increase, rather than decrease, swelling to the injured part.

Strengthening exercises of surrounding muscles is frequently indicated for injuries in which weakness is a concern. For example, strengthening the quadriceps and hamstring muscles can help improve strength in the knees.

Screened and coached correctly, injuries will be minimized. A positive yet serious attitude can make gymnastics safe and fun for beginners and advanced athletes alike. After all, gymnastics promotes self-confidence, grace and the ability to work with others.



## Fueling Your Way To Peak Gymnastics Performance

By Kathy Engelbert-Fenton, MPH, RD  
*Sports Nutrition Consultant  
University of Utah*

**H**ave you ever thought of having a baked potato for breakfast? Well, that's what Senior National Women's Team member Missy Marlowe (Rocky Mountain Gym) does. In fact, she sometimes has two!

"With baked potatoes, I can get the complex carbohydrates I need at breakfast without getting any fat," Missy remarked matter-of-factly. "I know how important carbohydrates are in providing me with the energy I need to make it through a busy day."

Missy is starting to put into practice what she has learned about nutrition and eating the right kinds of foods to give her high energy levels and enhance her performance in the gym.

Most of us could list several reasons why eating a balance diet is important for our general health and well-being. If you're a gymnast, good nutrition is essential. It can mean the difference between a winning routine and a disappointing or even disastrous performance.

If you haven't had enough to eat or you haven't eaten the right kinds of foods, not only will your body be starving for energy, but so will your brain. Your thinking and concentration abilities will be impaired, so mistakes will be made in your routines. Even worse, one of those mistakes could spell injury.

In addition, without enough of the right food fuel, your body will start to break down its own muscle to provide you with the

energy you need. And that's the last thing a gymnast, who relies on strength as well as skill, wants to have happen!

Okay, now that you're convinced you need to be eating well, it's time to change your eating habits—like Missy did. "I really love junk food and ate a lot of it," she admitted, "but I realized it wasn't doing me any good. Then I learned about what eating 'right' meant and how it could help me in gymnastics. So I decided it was time for me to start making some changes in my diet."

What Missy learned is summarized in the following recommendations:



### Eat a Variety of Foods

You need about 40 different nutrients to stay healthy. These include water, vitamins, minerals and the three energy-containing nutrients: proteins, carbohydrates and fat.

No single food or food group supplies all of these nutrients in the needed amounts. To assure yourself of an adequate diet, include choices from each of the following food categories daily:

- fruits
- vegetables
- milk, cheese, yogurt
- dry beans, peas, lentils, nuts
- whole grains, cereals, breads
- meat, poultry, fish, eggs

### Concentrate on Foods

#### High in Complex Carbohydrates

More commonly known as starches, complex carbohydrates are the best fuel for physical activ-

ity and brain energy, and they provide a wide variety of vitamins and minerals. For example, potatoes are a good source of vitamins C and B6, niacin, thiamin, iron, magnesium and folic acid while containing no fat and only a trace of sodium. And one medium potato contains only 110 calories.

Complex carbohydrate foods also contain lots of plant fiber, which has recently been shown to help in the prevention and treatment of diabetes, heart disease and certain types of cancer. To add complex carbohydrates to your diet, eat more of the following foods:

- potatoes
- rice, barley
- spaghetti, macaroni, noodles
- whole-grain breads, muffins, rolls
- tortillas, pita bread
- pancakes, waffles
- cooked and ready-to-eat cereals
- fruits
- vegetables
- dry beans and peas

Simple carbohydrates, such as sugar and candy, provide calories but little else in the way of nutrients. And they can disturb your blood sugar levels, causing weakness, dizziness and mental fatigue. To avoid excessive simple carbohydrates, eat less sugars, sweet desserts, candy, soft drinks, and pre-sweetened cereals. (Note: corn syrup, fructose, dextrose, glucose, maltose, lactose and sucrose are all undercover names for sugar—as read labels!)

### Avoid Too Much Fat, Saturated Fat and Cholesterol

Dietary fat is an essential nutrient and a major source of calories. But if you eat too many fat calories, your body will store them more easily than calories from other nutrients. This results in extra fat weight being added to your body—instead of muscle—causing you to lose that lean look that is so important in gymnastics.

Also, too much fat, especially saturated fat and cholesterol, is a

major risk factor in the development of heart disease. Saturated fat and cholesterol are found mainly in animal products, but can also be found in coconut oil and shortening. To avoid eating too many of these fats, do the following:

- choose lean meats, trim off all visible fat
- moderate your use of eggs and organ meats
- limit intake of butter, cream, shortening and coconut oil
- broil, bake or boil foods rather than fry

## Maintain a Moderate Protein Intake

Protein is essential for tissue building, but when eaten in excess it is either burned for energy (inefficiently) or converted into fat. Digesting too much protein is also hard on the kidneys and could cause your body to lose precious calcium.

For gymnasts, a dietary protein level of about .6 grams per pound of body weight per day provides an amount adequate to support any increase in muscle mass associated with training or normal body growth and repair. For example, a gymnast weighing 105 pounds needs about 63 grams of protein per day.

Since most complex carbohydrate foods contain some protein, only modest amounts of high protein foods need to be added to your diet. They include red meat, fish, poultry, eggs, milk, cheese, dry beans, nuts and peanut butter.



## Drink Plenty of Water

Most people forget that water is an important nutrient, needed throughout the day. And you need extra fluids to replace the water lost through sweat during your workouts.

Many gymnasts don't realize how quickly they can become dehydrated in the gym. Dehydration will hurt your performance and can become life-threatening. As a rule, you should drink six to eight glasses of water per day, as well as additional fluids before and after exercise.

Many now appreciate that a good diet, in addition to a rigorous workout schedule, is helping her to become a better gymnast. And for you, too, a properly balanced diet, high in complex carbohydrates, can be a key to improved fitness and improved gymnastics performance.

For more information on eating for peak gymnastics performance, send a stamped, self-addressed, business-size envelope to:  
**Fitness Fun!**  
1385 South Colorado Blvd.  
Suite 512  
Dept. USGF  
Denver, CO 80222

## Sample High Complex Carbohydrate, Low Fat Menu

### Breakfast

Shredded Wheat  
Whole-Wheat English Muffin  
Banana  
Orange Juice  
Margarine  
Skim Milk

### Lunch

Turkey Slices  
Whole-Grain Bread  
Lettuce/Tomato Slices  
Mustard  
Carrot Sticks  
Apple  
Cranberry Juice

### Dinner

Baked Potato  
Low Fat Cottage Cheese  
Parmesan Cheese  
Steamed Broccoli  
Pineapple Slices  
Skim Milk

### Snacks

Popcorn, Unbuttered  
Fruit Sorbet  
Fig Newtons

\*Amounts will vary according to calorie needs.



# SPONSOR UPDATE



## KONICA, New Sponsor For Rhythmic Gymnastics Program

After nine months of negotiations with the Tokyo office of KONISHIKOKU, better known as KONICA worldwide, and HAKUHODO, its advertising agency, the United States Gymnastics Federation received a signed contract and a rights fee payment March 31, two days prior to the beginning of the '87 Rhythmic National Championships in Elkhartville, Indiana.

KONICA's generous financial support exclusively for rhythmic gymnastics is comparable to the funding being provided by the sponsorship of McDonald's for both Men's and Women's artistic gymnastics. KONICA's funding and promotional support will prove to be a significantly positive factor in generating growth and popularity for this Olympic sport.

The KONICA organization is the third largest manufacturer

and marketer of photographic products in the world and its business machines division has a significant market share of plain paper copiers being sold worldwide. KONICA is currently being promoted through its advertising campaign using live lions in its TV and print advertising for its Business Machines Division. KONICA was introduced at the recent Rhythmic National Championships as a presenting sponsor. Sponsorship will be highlighted by a six-country international invitational for both group and individual competition to be conducted by the USGF at Princeton University, October 17-18, and at a date yet to be determined in 1988. The "KONICA Cup" will be followed by a promotional and more theatrically staged event to be called "KONICA Performance." Bulgaria, the world's winningest rhythmic gymnastics team has already enthusiastically accepted the invitation to the KONICA sponsored events. The '87 "KONICA Performance" is scheduled to

be a VIP invitation only exhibition to be staged at the United Nations in conjunction with UNICEF.

This New York performance has as its objective to introduce rhythmic gymnastics not only as an Olympic sport, but as a highly sophisticated, cultural, artistic activity and an attractive athletic participation sport, to the general media and specifically to the New York media for theater, dance and art-related activities. The USGF and rhythmic association with the UN and UNICEF, United Nations' International Children's Emergency Fund, is designed as an opportunity for UNICEF to bring additional attention to the serious problems of children in the developing world by showing the magnificent potential and capabilities of happy and healthy young people. It is the hope of USGF that this association with UNICEF will assist them in reaching their very important objectives of aiding needy children and that it will additionally aid promotion of rhythmic gymnastics worldwide.



# SPONSOR UPDATE



## American Gymnastics Of Boca First Club Winner

**USA GYMNASIQUES**, in conjunction with Dodge, is sponsoring a Club Of The Month contest throughout the community. Many worthy applicants were submitted from all over the country and the entry from American Gymnastics of Boca, Boca Raton, Florida, was judged as the best for the May/June issue. This will be a regular feature in every issue of **USA GYMNASIQUES**. Here is some information about this month's winner.

Since opening in September 1986, American Gymnastics of Boca has tripled its enrollment. Owners Margi and Joel Helichien attribute their incredible success to a staff of highly trained professionals. At American Gymnastics, children are rewarded for participation or achievement, rather than just achievement. Teachers at American Gymnastics strive to help improve all-around educational and social interaction skills through positive reinforcement techniques. The school's philosophy is to structure classes such that children are always participating in activities, rather than waiting in lines for their turn.

The school's competitive team is coached by former Maryland champion and elite coach Joel

Helichien. Joel has a B.S. degree from the University of Maryland and coached the internationally known MarVaTeens for eight years.

Some of the creative ways American Gymnastics of Boca has used the Dodge promotional materials are:

1. A coloring contest to thank Dodge.
2. Pre-team and team members received the materials when they completed a new trick.
3. A handstand contest was held with all the senior pre-team members.
4. A gymnastics trivia contest was held with the team program.
5. Intermediate and advanced classes received the materials when they had three good work-outs in a row.

The current enrollment is 400 and the highest level of competitor is, at present, Class II. The address is, American Gymnastics of Boca, 9671 Glades Road, Boca Raton, FL 33434 (305) 463-0444.

Congratulations go out to American Gymnastics of Boca. If your club has not sent in its information, do so immediately. For contest rules and regulations, please consult your January/February or March/April 1987 issues of **USA GYMNASIQUES** or call (317) 838-8743 and ask for Kathy Brown, Dodge Account Representative.

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# NCAA DIVISION I

## UCLA's Surprise

By Robert Cowan  
*Men's Program Administrator*

**T**he crowds may have been considerably smaller, but the competition on the floor of Pauley Pavilion had all the drama and intensity of the last major gymnastics competition there, as the performances of the 1987 NCAA Men's Gymnastics Championships (April 25-29) matched that of the 1984 Olympic Games.

The annual Nissen Award, given by Nissen Corporation in honor of its founder and inventor of the modern-day trampolines George Nissen, went to Mike "Spider" Maxwell of Penn State. Coach-of-the-Year Awards went to Roy Johnson of University of Massachusetts, George Saypol of Michigan State, Dr. Robert "Hutch" Dvorak of Houston Baptist, and Mircea Badulescu of Santa Barbara.

The compulsory session featured 36 competitors in the first year for this competition since the NCAA dropped them in 1983. Thirty of the 36 scored well over 50 points, which is a significant improvement this year.

The first session, which featured team preliminaries and all-around finale, was an upset as teams which had qualified very high were left in the dust by some

who had been counted out from the start.

Schlesinger finished first in the all-around optional due to a near perfect performance with his only errors coming on compulsory rings and horizontal bar. Kevin Davis moved up four spots to take over second with a commanding 57.70 in the optional.

Third all-around was Holdsworth, who is one of the bright stars on the horizon. Coached by Bill Jones as a junior, Holdsworth has shown great strength under pressure and has displayed a maturity and dedication to excellence that are showing in the results. Fourth was Rodriguez, the young recruit from Spain who needs to become more consistent in competition, but certainly has the skills to be a top competitor. Rice came in fifth due to inconsistent performances.

The team preliminaries saw first-seed Oklahoma miss sets on pommel horse and still rings and drop to fourth, not qualifying to the team finale. Second-seed Cal State Fullerton dropped to 10th with a rash of missed routines. Nebraska displayed a great balance to finish first in the prelims, and posted a 1.5 lead over second-place qualifier UCLA. Penn State was 0.7 behind in third place, and Oklahoma was a distant fourth by 1.05.

Preliminary team results were: Nebraska (284.90), UCLA (283.00),

Penn State (283.30), Oklahoma (281.25), Iowa (280.25), New Mexico (279.70), Houston Baptist (278.15), Ohio State (276.45), Minnesota (274.75), and Cal State Fullerton (274.05).

Team finale could not have been scripted better if Steven Spielberg had done it. Nebraska started on floor, UCLA on pommel horse and Penn State on rings. Nebraska put five men on floor, due to an early season injury to Mark Warburton, and jumped out to a 0.1 lead over UCLA who broke two routines on pommel horse.

Nebraska missed one pommel horse set, and Neal Palmer did not complete his dismount, thus earning only a 9.2. Their 47.70 total, compared to UCLA's 47.60 on rings, left Nebraska with a 0.2 lead after the second round.

The third round was the last time Nebraska was in control of its own destiny as they hit six solid ring routines to post a 47.40 to UCLA's 47.10 on floor, and Penn State's impressive 47.65 on pommel horse. Third-round results gave Nebraska a 0.5 lead over UCLA and Penn State who were tied.

In the fourth round, Nebraska advanced to vault and intended to only use five vaulters, again due to Warburton's injury. Patrick Kirksey fell on his vault (8.70) and Terry Gillespie jumped (8.80) which proved to be the turning point.

In the fifth round, the Cornhuskers had to count a 9.05 on parallel bars while UCLA was tearing the high bar down with a meet-high event total of 48.45, including a 9.8 by Tony Pinado who had some problems in the compulsory and team preliminary rounds. Penn State was on vault and scored 47.35 with very solid vaults. Results of the fifth round had UCLA in first by 1.40 over Nebraska, followed by Penn State.

It appeared that only a miracle could move Nebraska into first, and it was even possible that a fired-up Penn State could overtake the Huskers for second place. No miracles occurred that day, just great performances, and UCLA hit four solid vaults but counted an 8.70 to finish in first, 0.55 over Nebraska. Nebraska hit five very solid high bar sets to finish second for the third time in its history but was also only 0.55 over Penn State.

Floor exercise was won by Bob Sundstrom of University of California-Berkeley and Chad Fox of University of New Mexico. The facts of both is awesome difficulty combined with grace and impeccable execution.

Pommel horse champions were Li Xiao Ping, the Chinese gymnast training at Cal State Fullerton, and Joe Short of Iowa.

Still rings was won by Paul O'Neill of Houston Baptist University, while vaulting champion was Bob Sundstrom. Parallel bars was won by Schlesinger, and horizontal bar ended in a tie between Rodriguez and Schlesinger.

# NCAA Men's Gymnastics Championships

## Final Standings All-Around

Place	Name-Team	Total	PH	V	B	FE	FB	HE	Total
1	Tom Schlesinger-Nehruks	112.25	C	5.50	1.40	1.70	1.85	1.85	51.10
2	Kevin Davis-Nehruks	112.00	C	5.50	1.20	1.65	1.80	1.85	50.95
3	Garth Erdmann-UCLA	111.25	C	5.75	1.05	1.15	1.60	1.85	50.85
4	Alfonso Rodriguez-Boston Baylin	111.00	C	5.00	1.20	1.50	1.80	1.80	50.55
5	Mike Rice-Michigan	110.50	C	5.25	1.00	1.60	1.60	1.80	50.15
6	Steve Mitchell-California	110.00	C	5.50	1.00	1.00	1.60	1.50	50.00
7	Tray Pierce-UCIA	110.00	C	5.00	1.40	1.00	1.60	1.80	49.80
8	Daniel H. Brown-UCIA	110.00	C	5.00	1.20	1.00	1.20	1.80	49.75
9	Rob Jacobson-California	109.00	C	5.15	1.50	1.50	1.50	1.40	49.05
10	Miguel Salda-Boston Baylin	108.75	C	5.00	1.15	1.00	1.50	1.20	48.85

## Pommel Horse

Place	Name	Team	Score
1	Li Zhe Ping	Cal State Fullerton	1.00
2	Jon Hunt	Iowa	1.00
3	Tom Schlesinger	Nehruks	1.00
4	Garth Erdmann	UCIA	0.75
5	Kevin Davis	Cal State	0.75
6	Steve Brown	Michigan	0.75

## Vault

Place	Name	Team	Score
1	Rob Jacobson	California	0.85
2	Chad Pitt	New Mexico	0.70
3	Danil Baur	New Mexico	0.70
4	Charles Palmer	Stanford Indiana	0.70
5	Chris West	Tampa	0.65
6	Alfonso Rodriguez	Boston Baylin	0.60

## Rings

Place	Name	Team	Score
1	Dan Pittard	Boston Baylin	0.80
2	Jon Thomas	Iowa	0.75
3	Alfonso Rodriguez	Boston Baylin	0.75
4	Danil Baur	Illinois	0.75
5	Danil Baur	New Mexico	0.75
6	Michael Chaplin	UCIA	0.75
7	Chris Lee	Penn State	0.75

## Floor Exercise

Place	Name	Team	Score
1	Rob Jacobson	California	0.80
2	Chad Pitt	New Mexico	0.70
3	Henry Johnson	Cal State Fullerton	0.65
4	Tom Vaughan	Michigan	0.60
5	Rob Cox	Newy	0.60
6	Angie Jacobson	Pitt	0.60

## Parallel Bars

Place	Name	Team	Score
1	Tom Schlesinger	Nehruks	1.00
2	Spider Marston	Penn State	0.75
3	Li Zhe Ping	Cal State Fullerton	0.75
4	Steve Erdmann	New Mexico	0.65
5	Kevin Davis	Nehruks	0.65

## High Bar

Place	Name	Team	Score
1	Alfonso Rodriguez	Boston Baylin	1.00
2	Tom Schlesinger	Nehruks	0.80
3	Danil Baur	UCIA	0.65
4	Garth Erdmann	UCIA	0.75
5	Miguel Salda	Boston Baylin	0.75
6	Jon Hunt	Boston Baylin	0.75
7	Kevin Davis	Nehruks	0.75
8	Jon Thomas	Iowa	0.75



Tom Schlesinger, of Nehruks, won the all-around but couldn't provide enough push to keep the Cornhuskers ahead of the surging Bruins. (USGP photo © 1988, by Dave Black)

# 1987 NCAA WOMEN'S GYMNASTICS CHAMPIONSHIPS

## Georgia Ushers In New Era

By Liz Abel

**T**he oldest remaining dynasty in collegiate sports tumbled April 24th when a team from the South swept into Salt Lake City, Utah, and snatched the women's gymnastics title from perennial champion University of Utah. Georgia, seeded fifth in the 12-team field, overthrew third seed Utah for its first National Collegiate Athletic Association gymnastics title ever.

Hitting bag on all four events, the Bulldogs unleashed a winning score of 187.80. Utah, stripped of its NCAA crown for the first time in seven years, overcame top-ranked University of California—Los Angeles and second seeded Alabama for a 187.35 score to finish second.

The 1987 NCAA Championships began under unusual circumstances. First, defending champion Utah was not awarded the top seed. Second, Georgia, the nation's top-ranked squad for much of the regular season found itself relegated to the fifth seed after a disastrous regional

showing. Ironically the unexpected fifth seed keyed Georgia's victory.

As Georgia Coach Suzanne Yoclan remarked prior to the competition, the fifth seed favored her team. Running in Olympic rotation (vault, uneven bars, balance beam and floor), the Bulldogs had the added advantage of tackling bars and beam while Utah, and its fans, sat out with eyes. A remarkable 47.40 Georgia beam score, far and away the best on that event, upheld Yoclan's conjecture. Of course, freshman Andrea Thomas' showing didn't hurt as she mastered the temperamental apparatus with her one-armed handstand pirouette. The judges reacted with a 9.70, the top beam score of the night. "When we came off beam, I knew we had taken charge of the meet," said Yoclan.

By no means was the Championship a Georgia/Utah affair. The premier coaches' consensus pointed to a UCLA victory. Sporting the most talent-laden squad in the nation, the Bruins

appeared shoe-ins for their first national title. And, after a first rotation bye, UCLA stole the spotlight with a near-flawless effort on vault. The seemingly invincible Bruins raced down the runway to score 47.60, the highest event mark of any team. The Bruins counted a low score of 9.35 and Amy Lucena's team high 9.60 vault stood up throughout the competition, giving her a tie for first.

Second seed Alabama also served notice that the national title was up for grabs. The Crimson Tide opened an uneven bars reeling off a respectable 46.85 score. Fourth seed Arizona State essentially withdrew from the championship battle after the first round. The freshman-dominated Sun Devil lineup encountered early trouble on floor and struggled to a 46.30 score.

At the midway point of the second session, a race for first had shaped up between UCLA and Georgia. The Bruins sported an imposing 94.30 to Georgia's 93.85. Utah was a distant third with 93.25.

The Utes, however, made a valiant charge for the title in their final two



For Georgia, the 1987 NCAA Championships was a sweet victory. The Bulldogs opened six-time defending Utah for their first title. Michelle Sessions' support aided in that victory. (USGF Photo)

events. Utah sprinted out on vault with sophomore Hilarie Portell opening with a 9.40. Minutes later, Sonja Ahari executed a team high 9.50 full-on, full-off. With all six competitors stacking their vaults, Utah's 47.05 mark put it back in the thick of things.

In the final rotation, Georgia sat-out with a bye, watching UCLA and Utah take one last shot at its 187.90 score. UCLA, which saw its national championship hopes fade after a mediocre 45.80 for beam, came back with a 46.95 floor score.

Not good enough. The Bruins exited the floor with a 187.00 mark. The last obstacle between Georgia and its first national championship was Utah. The Utes final two competitors needed 9.75's to pull out the meet. All American junior Lynne Lederer owned a career high 9.85 score and was in the running for the NCAA all-around title and freshman Kim Takahashi had twice scored a 9.75. The two fell just short, with Lederer scoring a 9.40 and Takahashi nailing a 9.60.

"I'm just as proud as can be with the way the girls came back after our slow start on beam and floor," said Utah Coach Greg Marsden. "They could have quit and settled for fourth or fifth, but they showed championship mettle to me."

The crowning of a new national champion culminated the team competition, but much more ensued prior to that point. While 12 teams were chasing Georgia, Oklahoma's Kelly Garrison-Stevens was dancing her way to the all-around title. The NCAA all-around record holder (39.14), Garrison-Stevens' 38.15 score gave her the gold medal over Washington's Yumi Moride (37.85) and Georgia's Corinne Wright (37.80).

The powerful Seonair sophomores stumbled only on beam where she scored a 9.25. Arguably the best gymnast in collegiate history, Garrison-Stevens tied for first on vault and bars and finished second on floor.

At the end of the team competition, the standings stood as such: 1. Georgia (187.90); 2. Utah (187.66); 3. UCLA (187.66); 4. Alabama (186.60); 5. Arizona State (184.00); 6. Florida (183.80); 7. Louisiana State (181.50); 8. Ohio State (180.20); 9. Washington (179.85); 10. Nebraska (179.50); 11. Arizona (179.45); and 12. Oregon State (174.60).

Much more remained to the 1987 Championships after 9,032 fans filed from Utah's Special Events Center. The individual event championships promised to feature some of the best performances ever witnessed in Salt Lake City.

For event finals, a pair of up-and-coming stars emerged. After a pre-meet warmup injury knocked Garrison-Stevens from the competition, Moride and UCLA's Kim Hamilton stole the show.

Moride became the meet's first individual event winner when her handspring front with a half twist scored a 9.50, giving her the vault title. The bubbly sophomore made NCAA history two events later when she performed a "Moride" in Dumasov performed on one hand instead of two. A 9.45 score made Moride the first two-event winner in NCAA history.

Perhaps most outstanding to the 7,442 fans was UCLA freshman Hamilton's stunning floor routine. The

long-limbed rookie's two double backs and a triple turn, combined with her upbeat dance, resulted in a thunderous standing ovation and subsequent curtain call. The judges applauded Hamilton with an NCAA floor exercise record of 9.85. "I was thrilled, really moved by the crowd's response," said Hamilton. "That's never happened to me before."

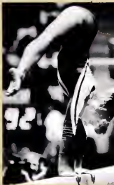
If Hamilton won the Salt Lake crowd's collective heart, Georgia's Wright and Utah's Lederer captured a share of it, too. Wright, a diminutive 4'9" bundle of energy, landed a high-flying double layout on her first pass and a double back on her last pass for a 9.78 and second. Lederer gave the crowd something to cheer about when she performed a perfect triple twist en route to a 9.60 score and a tie for third with Alabama's Marie Robbins.

Tucked between Moride's and Hamilton's routines was Georgia All-American Lucy Woner's second consecutive bars championship. Woner's best to uprise, to vault over eagle catch, to back straddle earned her a 9.70.

The 1987 NCAA Women's Gymnastics Championships ended on the heels of Wright's second double back on floor. It ended Utah's unprecedented six-year hold on the national title. It ended Utah's eight year home win streak.

The 1987 NCAA Championships ushered in a new era. An era where any team in any seed can emerge as the new national champion.

Michelle Hilse aided Utah in its valiant comeback effort but the lead built by Georgia proved to be too large a barrier for the six-time NCAA champion Utes. (USGF photo by Tom Smart)



# NCAA DIVISION II-III

## Saving The Whales

By Robert Cowan  
Men's Program Administrator

**W**hile the fervor for environmental protection and "saving the whales" may have lost some of its impact in the last year, the desire to continue sponsorship of collegiate programs and "save the programs" is still very much alive at the USGF office.

With the assistance of Ken Allen, the third annual USGF Division II-III Men's and Women's National College Gymnastics Championships was held in Oshkosh, Wisconsin, April 10-11, at the University of Wisconsin Oshkosh. This was the first year women were involved, since the NCAA only recently dropped support of its program.

The purpose behind the USGF support is to provide a quality national event which will allow a culmination to the season for the Division II and III programs. Since the bulk of the coaches and judges in our country come from the Division II-III ranks, a loss of programs here is a direct cause of erosion of coaching and judging ranks.

From the hauntingly beautiful melody of the Star Spangled Banner played on harmonica by ex-Oshkosh gymnast,

Jim Wilford, to the scenic beauty of the Fox River flowing through the Oshkosh campus, the weekend was very special.

Six full men's teams, including the UW-Oshkosh, and eight full women's teams, also including the UW-Oshkosh Titans, competed along with a host of individual and all-around qualifiers.

The level of competition continues to improve and this is due in part to the junior gymnasts who continue to seek more gymnastics participation in college whether they are recruited by Division I schools or not.

The Women's all-around winner, Mary Lavian of Oshkosh, would fare very well in the Division I ranks or possibly as an elite gymnast. She does one of the finest triple twists anywhere and displays great difficulty on beam and bars. Using a "stuck" front hand-spring from vault, she amassed 37.50 to take the title.

Southeast Missouri State University won the women's title by a fairly large margin, which could have been greater if they had not had so many problems on their final event, floor exercise.

The Men's all-around title went to Tom Hertzog of University of

California at Davis. He edged teammate Thom Sterling by .05 with a final of 55.05. Unfortunately, unless efforts on behalf of Coach Ray Goldhar and the USGF are fruitful, the Cal Davis program will be dropped this season. Hertzog's performances were very solid and scores ranged in the low to mid 9's on all events.

The team title went, for the second year in a row, to Cortland University of New York. Coach Eric Malmsberg utilized depth in all events, but domination of the pommel horse, while others were breaking on this event, was the real edge.

Scott Johnson was down into the meet from Lincoln, Nebraska, and did an outstanding still rings exercise in the winning moments of the men's meet. He also spoke to the entire crowd of nearly 3,000 during the mixed finals. Johnson's presence was to attract local media to the event and also to serve as an inspiration for the athletes to work hard, stay in shape and set goals.

In summary, the efforts put forth by the USGF in this regard, and the ongoing efforts to maintain and hopefully open new programs, are the catalyst for these programs to continue. The athletic directors of

these institutions must come to realize that this event is a true National Championship, with all the pomp and circumstance of an NCAA meet, and deserves their support.

The USGF met, on many occasions, with the coaches of these institutions and plans are being made for a Championship Format Manager to be created for the men and women to continue to expand the national meet and make it a fitting tribute to the athletes and coaches who participate.

Next year's meet is currently being bid on and is tentatively slated for April 1-2 Springfield, SEMO, Cal Poly and Indianapolis have all submitted bids to host the event.

The possible addition of the Division III women's schools as a separate competitive level, and consideration for adding "collegiate clubs," will expand this program even further.

In the closing remarks of the competition, the philosophy of the USGF and its support for this event was summarized. The seniors of all the schools represented were asked to step forward and be recognized. They were challenged to "come back to us as coaches." That is what we truly want for the time, money and energy put into this program.

## Men's All-Around Standings

Place	Individual	Team	Floor	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar	Total
1	Tim Hocking	State of Ore.	9.75	9.50	9.50	9.75	9.50	9.50	58.50
2	Thom Hocking	State of Ore.	9.50	9.00	9.50	9.25	9.50	9.50	56.00
3	Joe Carr	East Kentucky	9.50	9.25	9.25	9.00	9.25	9.50	56.00
4	Alan Sauer	State Univ.	9.50	9.00	9.00	9.50	9.50	9.50	56.00
5	Greg Carr	State Univ.	9.50	9.00	9.00	9.25	9.50	9.50	56.00
6	Kevin Sauer	East Kentucky	9.25	9.00	9.00	9.25	9.75	9.50	55.50
7	John Sauer	Eastern Wash.	9.50	9.00	9.00	9.25	9.50	9.50	55.50
8	Alan Anglin	East Kentucky	9.00	9.25	9.25	9.25	9.50	9.50	54.50
9	Robert Carr	State Univ.	9.00	9.75	9.25	9.00	9.50	9.75	53.50
10	Ed Carr	State of Ore.	9.00	9.50	9.25	9.75	9.50	9.50	53.50
11	Greg Johnson	Eastern Wash.	9.50	9.25	9.25	9.25	9.50	9.50	53.50

## Men's Individual Event Standings

Floor Exercise			
Place	Individual	Team	Score
1	Greg Carr	State Univ. of Ore.	9.75
2	John Sauer	Eastern Wash. College	9.50
3	Thom Hocking	State of Ore.	9.50

## Pommel Horse

Place	Individual	Team	Score
1	Tim Hocking	State of Ore.	9.50
2	Kevin Sauer	East Kentucky Univ.	9.50
3	Mark Ryan	State Univ. of Ore.	9.50

## Women's All-Around Standings

Place	Individual	Team	Bars	Beam	Floor	Vault	Total
1	Mary Lebrun	State of Ore.	9.50	9.50	9.50	9.50	38.00
2	Marion LaFren	State of Ore.	9.50	9.50	9.50	9.50	38.00
3	Barbara Elliott	Seattle Pacific	9.50	9.50	9.50	9.50	38.00
4	Marie Phillips	Northern Wash.	9.50	9.50	9.50	9.50	38.00
5	Deana Martin	U.S. (Wash.)	9.50	9.50	9.50	9.50	38.00
6	Thom Wright	S.E. (Wash.)	9.50	9.50	9.50	9.50	38.00
7	Barbara Sauer	State of Ore.	9.50	9.50	9.50	9.50	38.00
8	Kevin Johnson	State of Ore.	9.50	9.50	9.50	9.50	38.00
9	Christy Sauer	Seattle Pacific	9.50	9.50	9.50	9.50	38.00
10	Kimberly White	Cal. Poly Sta.	9.50	9.50	9.50	9.50	38.00

## Women's Final Individual Event Standings

Uneven Bars				Floor Exercise			
Place	Individual	Team	Score	Place	Individual	Team	Score
1	Marion LaGren	State of Oregon	9.50	1	Barbara Elliott	Seattle Pacific Univ.	9.50
2	Barbara Elliott	Seattle Pacific Univ.	9.50	2	Mary Lebrun	State of Ore.	9.50
3	Kimberly White	Cal. Poly State Univ.	9.50	3	Marie Phillips	Northern Washington	9.50

## Still Rings

Place	Individual	Team	Score
1	Thom Hocking	State of Ore.	9.50
2	Robert Carr	State Univ. of Ore.	9.50
3	Joe Carr	State Univ. of Ore.	9.50

## Vault

Place	Individual	Team	Score
1	Pat Greenfield	State of Ore.	9.50
2	John Sauer	Eastern Wash. College	9.50
3	Thom Hocking	State of Ore.	9.50

## Balance Beam

Place	Individual	Team	Score	Place	Individual	Team	Score
1	Mary Lebrun	State of Ore.	9.50	1	Marion LaFren	State of Ore.	9.50
2	Deana Martin	State of Ore.	9.50	2	Marie Phillips	Northern Washington	9.50
3	Barbara Elliott	Seattle Pacific Univ.	9.50	3	Mary Lebrun	State of Ore.	9.50

## Vault

## Parallel Bars

Place	Individual	Team	Score
1	Chris Sauer	State Univ. of Ore.	9.50
2	Joe Carr	East Kentucky Univ.	9.50
3	Kevin Johnson	State Univ. of Ore.	9.50

## Horizontal Bar

Place	Individual	Team	Score
1	Joe Carr	Eastern Wash. College	9.50
2	Alan Sauer	East Kentucky Univ.	9.50
3	Kevin Johnson	State Univ. of Ore.	9.50

## Women's Team Standings

Place/Team	Uneven Bars				Beam	Floor	Vault	Total
1	U.S. (Wash.) State Univ.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
2	Seattle Pacific Univ.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
3	State of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
4	Northern Washington Univ.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
5	State of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
6	Cal. Poly State Univ.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
7	State Univ. of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
8	State Univ. of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00

## Men's Team Standings

Place/Team	Uneven Bars				Beam	Floor	Vault	Total
1	State Univ. of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
2	Springfield College	9.50	9.50	9.50	9.50	9.50	9.50	38.00
3	State of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
4	East Kentucky Univ.	9.50	9.50	9.50	9.50	9.50	9.50	38.00
5	Eastern Wash. College	9.50	9.50	9.50	9.50	9.50	9.50	38.00
6	State of Ore.	9.50	9.50	9.50	9.50	9.50	9.50	38.00

# Don't Just Teach... Perform!

THE ART (AND SCIENCE)  
OF TEACHING GYMNASTICS  
PART 2 of 2

By Ray Hayasaki  
Sportstiks Inc.

Gym presence and body language are what gymnastics students and parents notice most about the teacher. It is so important to present yourself with energy! Talk with a smile on your face. Move your body with enthusiasm!

### The "Just Won The Lottery" Look

Your face is so important, especially your eyes. Your teaching task is not limited to imparting your knowledge of gymnastics skills. Your most important job is to get your students motivated and keep them that way. Keep them trying their hardest in class, and keep them coming back for more classes.

To really hold that attention in class and build that motivation, put the "just won the lottery" look in your eyes. Imagine that you have just won a million dollars. What do your eyes look like? They get as big as saucers. When a student of yours learns to do a back walkover by herself, let her know. Give her the look you would have if you just won the lottery. The look your eyes give to that child can say it all. Even if you throw in a "Tastee," the look on your face, especially your eyes, will convey far more than words. You will be surprised at the smiles you get from children just because your eyes lit up when they tried hard in class. Children crave positive facial expressions.

### The "Bul Eye"

Eyes can also be the tool to let a child know that you disapprove of her actions. If a child is acting up in

class, all it takes is a firm look with eyes that say convincingly "You better believe I mean business."

Of course, you probably need to verbally inform the child in addition to staring at her with eyes that look determined to sit her in the corner. But those eyes can still say it all; they can make the difference in whether the child takes a chance on testing you again or decides to believe you and behave.

### Win An Academy Award For Your Acting

There are many times when you may come into the gym feeling tired or glum. Perhaps you just failed a test or you are walking into your sixth hour of teaching that day. Sometimes you just aren't "up" for teaching. This is normal and to be expected.

Remember, though, your problems should not be your students' problems. Your students deserve you at your best. If you allow your body language to show that you are burned out or depressed,

you can be certain that it will show to your students and their parents. (Who wants to pay to be instructed by someone who doesn't want to be there?) Every minute of time you give your students is precious time. It is especially easy for youngsters to pick up on your tired, melancholy feeling and to give only 50 percent themselves that day instead of their usual 100 percent.

It is your job to pull yourself out of the bleah. Make your voice sound enthusiastic (even if you'd rather not talk at all that day). Make your body move energetically (even if you feel sluggish). Make yourself walk brisally with your head up instead of dragging along staring at the floor (even if you just gained 10 pounds and wish you were invisible).

Find just a bit of sparkle from within. Because before you know it, you will forget about all your bad feelings; you will be so involved in all the smiling faces



Which coach in this training seminar has mastered the "just won the lottery" look?



# CLUB NEWS



The "evil eye" can get the message across that you mean business! Get that eye contact and you will control behavior without ever raising your voice.

around you that you will actually enjoy yourself. It is always your job to get your students excited about their class and what they are doing. So, if you literally have to act to be a good instructor that day, then go ahead. . .act!

Flash those pearly whites when you talk. Bounce your tone of voice around like a ping pong ball. Use your eyes like a true haw. It will be your performance that inspires these children to get the best out of their workout. Your performance will get such a happy, interested response from the kids that you will find your own attitude has completely changed since the start of class. You will have fun teaching the class because you will pick up those good vibes from your students. You will sense that they are responding to you and everyone will have fun.

Never forget, your students' learning rate and motivation is controlled by your performance during teaching. By learning the tricks for successful teaching and training yourself to make each class a super performance, you bring yourself right to the top as a professional. And you will see your students up there at the top, too, because your performance will help them achieve their very best.

*This series of articles has been contributed by SPORTASTIKS INC., a franchised system of gymnastics center operations. Information is designed just for gymnastics teachers — to help each instructor*

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# GYMNASTICS UPDATE

## Marsden Assumes Top U.S. Women's Gymnastics Post

**G**reg Marsden, winner of six straight national gymnastics team titles as head coach of the University of Utah's women's team, has been named to the top post of the U.S. national program by the United States Gymnastics Federation (USGF).

Marsden, while retaining his coaching duties at Utah, will assume the new role of National Women's Program Administrator and National Women's Team Coach. The appointment was made by Mike Jacki, executive director of the USGF. The USGF, based in Indianapolis, selects and trains the U.S. national gymnastics team, including the athletes who compete in the Olympics, Pan American Games and World Championships.

Marsden's new post was created in a restructuring move, aimed at preparing the U.S. Gymnastics Team for the 1988 and 1992 Olympics.

"We went after a winner," Jacki said, "a coach who had a proven record of excellence—both in the gym and as a top-flight administrator. Greg Marsden brings to the U.S. program an uncommon ability to produce teams that win, and win consistently."

In making the appointment, Jacki stressed that the operative word in Marsden's new job will be teamwork. "We've got the most talented group of elite coaches in the world," Jacki said. "It will be Greg's job to organize and focus their talents, to get them working together toward the ultimate goal of the U.S. program: winning a world team championship."

For Marsden, that will not be an easy task, even for a coach who

has produced six straight national team championships, nine individual national champions, and 82 NCAA All-Americans—all since starting the Utah program from scratch 12 years ago. The Soviet Union has won every women's world team title since 1952—except for 1978, when a Romanian squad headed by Nadia Comaneci dethroned the Russian women.

Marsden will be working with all of the personal coaches of gymnasts on the U.S. Gymnastics Team. These personal coaches will become the equivalent of a national coaching staff.

Marsden's administrative duties include heading up national team training camps, evaluating athletes' progress, and getting the latest research in the sports sciences into the hands of the personal coaches. Marsden will also serve as

the U.S. Team Coach for the Pan American Games, the 1987 World Championships, and the 1988 Olympics. The personal coaches of individual athletes on the teams will form the U.S. coaching staff at these competitions.

Jacki also announced that Marsden will have two assistant national program administrators. Delene Duret, of Atlanta, Georgia, and Bill Sands, Marsden's assistant coach at Utah, will be lending judging, technical, and scientific expertise to the U.S. team effort. Duret is an internationally certified Brevet judge and has been a leading force in judging and technical advances in the U.S. program for more than 20 years. Sands, a member of the U.S. coaching staff since 1976, also serves as research coordinator for the USGF and the Elite Coaches Association.



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